



Friendship Heights



# VILLAGE NEWS

NOVEMBER 2003

301-656-2797

VOLUME 18, NO. 6



## Stay healthy and happy — come to the fair!

There's something for everyone at the Health Fair on **Wednesday, Nov. 19, beginning at 1 p.m.** at the Friendship Heights Village Center.

In the auditorium from 1 to 4 p.m., publications and exhibits from many organizations will be displayed with representatives to answer your questions. Suburban Hospital, Sibley Hospital, White Flint Medical and Natural Healing Center, Capital City Nurses, Sunrise Senior Living, Montgomery Hospice, National Rehab Hospital, the Prevention of Blindness Society, Senior Health Insurance Program, Jewish Council for the Aging, and other organizations will all be

represented. Healthy snacks will be served throughout the afternoon thanks to a generous donation from Sunrise Brighton Gardens.

A raffle ticket will be given to each person who comes to the Health Fair. Each hour several tickets will be drawn for prizes which have been donated by participating doctors and Friendship Heights businesses.

### Raffle items include

- A \$50 floral display donated by Chevy Chase Florist (local only)
- A \$25 gift certificate for Panera Bread donated by Capital City Nurses
- Individualized lessons in Bones

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## Clang, clang, clang went the trolley — to Toby's Dinner Theatre!

Cure post-holiday letdown with a trip to Toby's to see a production of *Meet Me in St. Louis* on **Sunday, Dec. 28.**

This old-fashioned musical is about a family in St. Louis anticipating the wonders of the 1904 World's Fair and includes marvelous songs such as "Have Yourself a Merry Little Christmas" and "The Trolley Song."

The show will kick off Toby's 25th anniversary. Located in Columbia, Md. Toby's is one of the few regional dinner theatres that has a live orchestra. Performances in-the-round provide the audience with a dynamic interactive experience and fine seats. The buffet includes a 25-item salad bar, luscious entrees, desserts and a make-your-own sundae bar.

We will depart the Village Center at 4:15 p.m. and arrive at Toby's in time for a lavish dinner. We should be home by 10 p.m.

The cost of the trip, which includes transportation, dinner, and the show is \$52. Residents and one guest may sign up right away; nonresidents may sign up Nov. 14. **The deadline to sign up is Friday, Dec. 12.** There are 25 tickets available.

## Let us entertain you in New York City

Join us for a two-day visit to New York City during the most wonderful time of the year. On **Thursday, Dec. 4, and Friday, Dec. 5,** we will see *Gypsy* and the Radio City Christmas Spectacular. We'll also tour The Cloisters and the Radio City Music Hall, enjoy dinner together at the delightful bistro, Le Beaujolais, and still have time for Christmas shopping and enjoying the tree in Rockefeller Center.

We will leave the Village Center at 9 a.m. on Thursday, Dec. 4. Box lunches will be served en route. We will arrive in New York in time for a tour of The Cloisters, the branch of the Metropolitan Museum devoted to the art and architecture of medieval Europe. It is known for its architectural sculpture, exquisite illuminated manuscripts, stained glass, metalwork, enamels, ivories, and tapestries.

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## O Canada !

Some of our Friendship Heights group paused to capture a moment on film during the six-day trip to Montreal and New England in October.

Photo by Joel Williams

## Holiday Craft Fair returns

Our second "Holiday Affair" will come to the Village Center on **Saturday, Nov. 22, from 9:30 a.m. to 1:30 p.m.** This seasonal event will feature the works of local artists and artisans. No ordinary craft show, "A Holiday Affair" will offer something for everyone, and for every budget. This year's show will also offer free holiday centerpiece demonstrations by Interior Garden Designs. You'll find pottery, purses, textiles, jewelry, paintings, holiday plants and more. Admission is free. Unique gifts abound, so mark your calendars and get into the holiday spirit.

## The fire that changed America

The Triangle Shirtwaist factory fire in 1911 killed 146 workers — mostly immigrant women, some as young as 15 — and was New York City's worst disaster until 2001. Many of the victims were trapped behind locked doors. Others who tried to climb down "fire escapes" fell when the ladders collapsed under their weight. Still more chose to jump out windows when they realized the fire department ladders were not tall enough to reach them. The fire focused attention on the sweatshop conditions in many factories at that time, as well as the woefully inadequate fire inspections and precautions.

*Washington Post* reporter David Von Drehle has written a powerful book about the tragedy, the horrible conditions that led up to it, and the reforms that followed. He will discuss *Triangle: The Fire That Changed America* at the Village Center on **Thursday, Nov. 13, at 7:30 p.m.**

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.



[www.erols.com/friendshiphtsvillage](http://www.erols.com/friendshiphtsvillage)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, **301-656-2797**. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### Advertising

The deadline for reserving space for the December issue is November 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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o n t h e g o

## Fredericksburg for the holidays

See our Colonial neighbor to the south dressed up for the holidays as we travel to Fredericksburg, Va., on **Thursday, Dec. 11.**

We'll leave the Village Center at 8:30 a.m. and arrive in time for a tour of Belmont, the Gari Melchers' estate just outside of the Fredericksburg town limits.

Belmont was owned in the early 1900s by Melchers, the renowned American artist and chairman of the commission that established the National Gallery of Art. Belmont is handsomely furnished with items collected by Melchers during his travels abroad.

Following our tour, we'll enjoy a Southern-style luncheon at The Smythe's Cottage and Tavern, a cozy restaurant on the site of a blacksmith's stable once operated by George Washington's brother. Choose among entrees including Virginia peanut soup and Virginia ham biscuits, a tossed salad and quiche, or Smythe's chicken salad. Lunch also includes coffee or iced tea and dessert.

In 1760, George Washington's brother Charles built as his home what came to be known as the Rising Sun Tavern. This became a watering hole for such patriots as Patrick Henry, George Washington, and Thomas Jefferson. We'll visit this tavern where a tavern wench will greet us as if we'd stepped off a stagecoach in the late 18th century.

Then we're off to the Mary Washington House, last home of George Washington's mother. This is the home George purchased for her and where she spent her last 17 years. On view are many of Mrs. Washington's personal items as well as period furnishings.

In the afternoon, we'll have time to shop in Old Town Fredericksburg, an area known as a treasure trove for antiques and collectibles.

We should be back in Friendship Heights by 6:30 p.m.

The cost of the trip, which includes transportation, tours, and lunch, is \$56. Sign-ups begin immediately for residents. Nonresidents may sign up beginning Nov. 9. There are 34 spaces available.



## Discover ancient Egypt

Explore ancient Egypt as we travel to Baltimore to view "Eternal Egypt: Masterworks of Ancient Art from the British Museum" at the Walters Art Museum on **Thursday, Nov. 6.** This is a rare opportunity to experience one of the world's finest museum collections without crossing the Atlantic. Explore the beauty of this fascinating ancient civilization with works that range from colossal sculptures to gilded mummy masks to intricate jewelry. The sweeping exhibition includes a 6,000-pound red granite lion that once guarded an ancient temple, papyrus sheets from the *Book of the Dead*, statues of pharaohs, and many more spectacular works of art. The Walters' own collection of ancient Egyptian art, considered one of the best in the country, will also be on view. Highlights include exhibitions on the history of hieroglyphics and the tools of ancient Egyptian artists—even a cat mummy.

We'll leave the Village Center at 11 a.m. and travel to the Brass Elephant for lunch. This beautiful 1850s townhouse on Charles Street features Italian white-marble fireplaces, hard-carved wood accents, and Waterford

continued on page 14

### SEEKING SPIRITUAL SOLUTIONS?

The community is invited to hear

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After the tour, we'll check into our hotel, the Novotel, and then have dinner at Le Beaujolais. Choose a delicious three-course meal from an extensive menu that includes Beef Bourguignon, Coq au Vin, and Steak au Poivre. Afterward, we'll attend the evening performance of *Gypsy*. We have orchestra seats for this hit show starring Bernadette Peters.



Friday morning we will start the day with a lavish breakfast. Our bus will then drop us off at Rockefeller Center mid-morning to see the magnificently decorated Christmas tree. There then will be free time to stay and watch the ice skaters, explore St. Patrick's across the street, shop in any of the wonderful nearby Fifth Avenue stores, and enjoy lunch (on your own). At 2 p.m. we will meet at

Radio City Music Hall, just a block away, for a behind-the-scenes tour. We will explore all the backstage areas and even meet a Rockette! Afterwards, we'll watch the magical Christmas Spectacular, which includes perennial favorites such as the Parade of the Wooden Soldiers and the Living Nativity. We'll head home as soon as the show is over, stopping along the way for a fast food dinner (on your own.) We should return to Friendship Heights by 11 p.m.

The cost of the trip is \$510, per person, double occupancy. The single supplement is \$160. The cost includes transportation, first-class hotel accommodations, orchestra seats for two shows, tours of The Cloisters and Radio City Music Hall, box lunch, dinner at Le Beaujolais, and all taxes and gratuities. A deposit of \$200 is due at sign-up; the balance is due Nov. 16. Information about trip insurance is available at the Center. Only a few spaces remain.



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# Holy Grail! Deciphering 'The Da Vinci Code'

If you, like millions of others, read *The Da Vinci Code* over the summer, you may have questions about what was real and what was fiction. Is there evidence that Jesus and Mary Magdalene were married? Is there a woman in Leonardo's painting of the Last Supper? What is Opus Dei? The Priory of Sion?

Rev. Melinda Reed, Associate Minister at Westmoreland Congregational Church in Bethesda, will lead a discussion of the theological and historical questions raised by the bestseller on **Monday, Dec. 1, at 1 p.m.** at the Village Center.

Melinda is a former Episcopal nun. She has served as chaplain at the Washington Hospital Center and Children's Hospital. She has also served as a hospice chaplain in Northern Virginia. She holds degrees in psychology and human services, special education, elementary education and has a Master of Divinity degree.

There is no charge for the lecture, but please call 301-656-2797 to let us know if you plan to attend.



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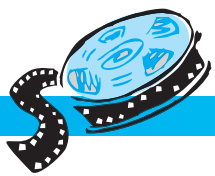
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# o n t h e b i g s c r e e n

## Playing in November on the big screen

*Enjoy fresh popcorn during these free video presentations*

**Thursday, Nov. 6, 7:15 p.m. — *Bend It Like Beckham.*** An independent young woman discovers the joys of soccer, much to her family's chagrin, in this upbeat British comedy drama. Jess Bhamra, played by Parminder Nagra, is an 18-year-old growing up in West London, where her family has taken every effort to stay in touch with its Indian heritage. Jess' father and mother are eager for their daughter to go to law school, learn to cook a traditional Indian dinner, and settle down with a nice Indian boy. However, her family is unaware that Jess has a secret passion—soccer. Jess knows that her parents would never approve of their daughter playing soccer, so she doesn't

tell them, and starts spinning an increasingly complex series of lies as she tries to keep up a double life as a student and soccer player. Rated PG-13. Running Time: 112 minutes.

**Thursday, Nov. 13, 7:30 p.m. — Booksigning with David Von Drehle, see page 2 for details.**

**Thursday, Nov. 20, 7:30 p.m. — Café Muse, see page 14 for details.**

**Thursday, Nov. 27, Center Closed — Happy Thanksgiving!**

## Art theft and the recovery of stolen masterpieces

Join us for a fascinating program on the retrieval of stolen and lost art, including the recovery of art works lost during the Holocaust and, more recently, from Iraq's National Museum. Bill Young, who is assisting an art theft investigator with research and interviews, will speak at the Center on **Friday, Nov. 21, at 1 p.m.**

Mr. Young will discuss forgery and theft, as well as his experiences working with a former Scotland Yard detective in London who recovered Munch's "The

Scream" and Vermeer's "Lady Reading a Letter" a decade ago. For 23 years Mr. Young was a history teacher and assistant principal at Georgetown Day High School. After retirement two years ago, he became the community relations coordinator at Iona Senior Services.

There is no cost for the lecture, but please call 301-656-2797 to let us know if you plan to attend.



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# friendship gallery

## Artist Jane Simanis to exhibit at Friendship Gallery

Jane Cordes Simanis will exhibit her watercolors in a show entitled "Journeys from the Studio" at the Friendship Gallery during November.

Ms. Simanis has taught watercolor and calligraphy at the Art League School at the Torpedo Factory, the Smithsonian Fellows Program, Maryland College of Art and Design, and Montgomery College. She has exhibited in many one-person shows and enjoys judging local group painting shows. Ms. Simanis is a longtime member of the Washing-



ton Water Color Association and recently served as president of the Potomac Valley Watercolorists.

The show runs from Nov 3 to Nov. 30. All are invited to meet the artist at a reception on **Sunday, Nov. 9, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Artwork in the auditorium

is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.

"Cordes, France" and  
"Tarpon Springs, Florida"  
by Jane Simanis

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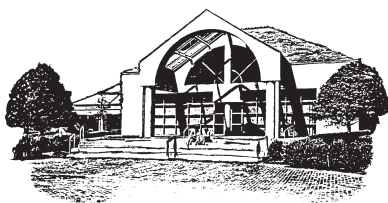
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N O V E M B E R						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be <b>Monday, Nov. 10</b> . The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.						1 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting 9 a.m. – 1 p.m.: Twin Springs Market 1 – 5 p.m.: Blind Faith School
2 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	3 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting <b>7:30 p.m.: Book Signing with Walter Isaacson</b>	4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Great American Plays 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	5 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 6:30 p.m.: Pencil, Pastel and Watercolor <b>7:30 p.m.: Concert: Guity Adjoodani</b>	6 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>11 a.m.: Depart for the Walters Art Museum</b> 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble <b>7:15 p.m.: Movie: Bend It Like Beckham</b>	7 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	8 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting 9 a.m. – 1 p.m.: Twin Springs Market 1 – 5 p.m.: Blind Faith School
9 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b> 11:30 a.m.: Bones for Life	10 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting <b>8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	11 <b>VETERANS DAY Center Open 9 a.m. – 2 p.m.</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi	12 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training <b>1 p.m.: Suburban Lecture: Osteoporosis: Are You at Risk?</b> 1 p.m.: Health Insurance Counseling 6:30 p.m.: Pencil, Pastel and Watercolor <b>7:30 p.m.: Concert: Bill Wright</b>	13 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble <b>7:30 p.m.: The Triangle Factory Fire Book Signing with David Von Drehle</b>	14 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events <b>12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert</b>	15 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting 9 a.m. – 1 p.m.: Twin Springs Market
16 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	17 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Great American Plays 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	19 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training <b>1 to 4 p.m.: Health Fair</b> 6:30 p.m.: Pencil, Pastel and Watercolor <b>7:30 p.m.: Concert: Da Capo</b>	20 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble <b>7:30 p.m.: Café Muse</b>	21 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events <b>1 p.m.: Art Theft</b>	22 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting <b>9:30 a.m.: Holiday Affair</b>
23 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	24 9:15 a.m.: Fit-4-Ever <b>10: a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 11:30 a.m.: Strength Training 10:30 a.m.: Drop-in Tai Chi	25 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Great American Plays 1 – 2:45 p.m.: Blood Pressure Screening 2 p.m.: RSVP Knitters 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	26 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Silvio Solis</b>	27 <b>Happy Thanksgiving! Center Closed</b> 	28 <b>Center open 9 a.m. – 2 p.m.</b> 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	29 8:15 a.m.: Walking Club
30 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life						

**Shuttle bus hours**

Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

**Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Special lunch and concert

This month’s Special Lunch, will be held on **Friday, Nov. 14, at 12:15 p.m.** Lunch will be salmon cakes, mashed potatoes, Capri vegetables, salad, and chocolate cake for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, Nov. 12.

After lunch, please stay to enjoy pianist Marjorie Spector in concert. At **1 p.m.**, she will perform an interactive program entitled “A Stroll Along Broadway,” highlighting various musicals.







# c l a s s e s   a n d   c l u b s

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.  
PARTICIPANTS MUST PAY FOR THE FULL SESSION. NO REFUNDS AFTER CLASS BEGINS.

## NEW CLASSES

### BONES FOR LIFE

You'll stand taller and walk with a spring in your step with natural, weight-bearing exercises that promote healthy bones. This 4-week class, based on the Feldenkrais method, meets Sundays from 11:30 a.m. to 1 p.m. beginning Nov. 9. Last class is Dec. 7 (no class on Nov. 30). The cost is \$45. Instructor is Hedy Ohringer.

### GREAT AMERICAN PLAYS

A 6-week course, taught by Ed Starr, begins Nov. 4. Meets Tuesdays from 1 to 2:30 p.m. Students will read and discuss several plays by Edward Albee. They may choose to attend (on their own) a production of "Who's Afraid of Virginia Woolf?" or "A Delicate Balance" at Arlington's Keegan Theatre during November. Ed Starr is an actor and director and president of the Montgomery County Seniors Theatre. Cost for Friendship Heights residents is \$25; non-residents pay \$40. All materials are included in the fee. Course ends Dec. 16 (there will be no class on Nov. 11).

### THE SOVIET UNION AND WORLD WAR II

Historian James Biedron returns to the Village Center to continue his fascinating series on Russian history. This seminar will be held Monday, Dec. 8, from 1 to 2:30 p.m. Mr. Biedron will discuss the role played by the USSR in World War II and the Soviet/Russian interpretation of the war. The class will compare the American perspective

to the Soviet/Russian perspective, and investigate the beginnings of the Cold War. Cost is \$10 for Village residents; \$15 for nonresidents.

### NIKITA KRUSHCHEV: LEADER OF THE USSR 1955-1964

This seminar will be held Monday, Dec 15, from 1 to 2:30 p.m. Under Khrushchev, the USSR changed in many ways, yet also remained the same as it was under Stalin. This seminar will discuss De-Stalinization, the Thaw, the Space Race, Peaceful Coexistence, the Hungarian Uprising, the Cuban Missile Crisis, and the Sino-Soviet Split. The class will try to evaluate the role played by Khrushchev in Russian history. Cost is \$10 for Village residents; \$15 for nonresidents. Taught by James Biedron.

### STILL LIFE PAINTING

A 10-week course for all skill levels with noted artist Joan Samworth begins Dec. 4. Meets Thursdays from 10 a.m. to 12 p.m. Any medium may be used. The cost is \$55 for residents; \$75 for nonresidents. Last class is Feb. 19. Maximum of ten students.

### STRENGTH TRAINING WITH NRH REGIONAL REHAB

**(Monday)** A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Nov. 17. Meets Mondays at 11:30 a.m. Cost is \$50. Please register by phone at 301-986-4745. Session ends Jan. 19. Must have a minimum of 15 students.

### STRENGTH TRAINING WITH NRH REGIONAL REHAB

**(Wednesday)** A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Nov. 19. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745. Session ends Jan. 28. Must have a minimum of 15 students (there will be no class Dec. 24).

### TAI CHI (Thursday)

This 6-week session begins Nov. 6. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Dec. 18.

### TAI CHI (Tuesday)

This 6-week session begins Nov. 25. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Dec. 30.

## ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

### BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

### COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 to noon. Led by group members.

## CONCERTS

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Following "Special Lunch" each month there is usually a free concert at 1 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

## GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695 or Sylvan and Barbara Kaplan at 301-657-8718.

## HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance

Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

## MOVIES

All are invited to enjoy a movie and popcorn most Thursdays at 7:15 p.m. at the Village Center. There is no cost.

## RSVP KNITTERS

Meets the last Tuesday in alternate months to knit, crochet and sew items to donate to the needy. Donations of washable, acrylic yarn to the Village knitters are always welcome and appreciated. Contact Donna Dahlgren at 240-777-2611 for more information.

## SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

## TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

## VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

## WALKING CLUB

Leaves the center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood.

## YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 301-493-9533 for details.

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CONCERTS ARE PERFORMED WEDNESDAYS, FROM 7:30 – 8:30 P.M., IN HUNTLEY HALL

**Wednesday, Nov. 5 — Guity Adjoodani.** Guity Adjoodani began playing the piano at the age of 5 in her native Iran before coming to Washington, D.C., where she continued her studies with Hertha Aldama and Marie Von Unschuld. She holds a master's degree in music and an artist diploma in performance from the Boston and New England Conservatories, respectively. She has been heard in the Washington area in numerous concerts, including performances at the Renwick Gallery, George Washington University's Marvin Theatre, Towson State University Theatre and on the WGMS radio program, "Spotlight on the Artist." Several of her concerts have been broadcast overseas by the Voice of America. Her Kennedy Center debut in 1985 was received with enthusiasm by both audiences and critics alike. After 22 years away from Iran because of the country's political

upheaval, Ms. Adjoodani returned for a visit two years ago. In her music, she has attempted to portray the sights and sounds that she absorbed through her travels. In this album, she shares this experience and takes the listener on a journey to her homeland. Her performance in Friendship Heights will include selections from her CD "Journey to Iran."

**Wednesday, Nov. 12 — Bill Wright.** Clarinetist Bill Wright was a member of the National Symphony Orchestra for more than 30 years. He has toured in Europe, Asia and South America, as well as throughout the Washington area. Accompanied by pianist Larry Eanet, his program will feature works by Weber, Brahms and Gershwin.

**Wednesday, Nov. 19 — Da Capo.** The Da Capo Chamber Ensemble is a group of musicians

from the Washington D.C. area dedicated to the performance and enjoyment of chamber music. This is their second appearance at the FHVCC. The concert on November 19 will feature a Trio by Mozart for violin, cello and piano and the Quartet in G Minor for Piano, Violin, Viola and Cello by Brahms. The performers will be David Garlock, piano; Karan Wright, violin (in the Mozart Trio); Emily Sullivan, violin (in the Brahms Quartet); Michael Hansen, viola; and Jim Kuykendall, cello.

**Wednesday, Nov. 26 — Silvio Solis.** Silvio Solis is an internationally known harpist, playing the Paraguayan harp with a new adaptation— no pedals. His repertoire includes offerings of a vintage blend of popular international themes from North and South America, Europe, Asia and Arabia.

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# t o y o u r h e a l t h

## Health fair, *continued from page 1*

- for Life, based on the Feldenkrais Method donated by Hedy Ohringer, Certified Practitioner of the Feldenkrais Method
- A massage donated by May Kesler, Director of The Center for Physical and Massage Therapy
- A haircut, shampoo, and blow dry donated by Joyce Tavenner of Lady Elizabeth Hair Design
- A \$25 gift certificate donated by Sylene of Washington
- A full home-health evaluation by a registered nurse donated by Sunrise Assisted Living
- A free membership in the Sibley Senior Association
- A one-half hour massage do-

nated by White Flint Medical and Natural Healing Center

- A hearing screening donated by audiologist Nehama Pluznik

### **Lectures will be given at the following times:**

**1 to 2 p.m.:** "Reasons for hearing loss and the latest technology to improve hearing," by Nehama Pluznik

**2 to 3 p.m.:** "How physical and massage therapy can help you" by May Kesler

Also, Nehama Pluznik will give free hearing screenings from 2:30 to 4 p.m. Free glaucoma screenings by The Prevention of Blindness Society will be available all afternoon.

## Osteoporosis: are you at risk?

This month's Suburban lecture about osteoporosis and will take place at the Village Center on **Wednesday, Nov. 12, at 1 p.m.** Dr. Deborah Litman, a rheumatologist, will explain bone growth and why bones become weakened and can cause falls and fractures as we grow older. There are some new medications on the market that show promising results for building bones in later years. Diet and exercise are also key to preventing the disease.

There is no cost for the lecture, but please call 301-656-2797 to let us know if you plan to attend.

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## Café Muse presents...

Café Muse, on **Thursday, Nov. 20, at 7:30 p.m.**, presents poets James Hopkins and Suzanne Rodenbaugh.

James Hopkins's collection, *Eight Pale Women*, was published in 2003, following the publication of a chapbook, *The Walnut Tree Waits For Its Bees*, in 1997. His poetry has been anthologized and has appeared in *Carriage House Review*, *Minimus*, and *Potomac Review*, among others. He lives in Washington, D.C.

Suzanne Rodenbaugh's *Lick of Sense* won the Marianne Moore Poetry Prize in 2001. She'd previously published four chapbooks, including *The Shine on Loss* and *Greatest Hits*. Her poems, essays, articles, and reviews have appeared widely, including in *The Hudson Review*, *New England Review*, *New Letters*, and *Poetry East*. She currently lives in St. Louis.

Attending poets are invited to participate in an open reading at the conclusion of the program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization which has published contemporary poetry in artistic editions and sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.



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## Ancient Egypt exhibit, *continued from page 3*

crystal chandeliers. Lunch will include a Caesar salad, choice of salmon or chicken piccata, and for dessert, your choice of crème brûlée or fresh fruit sorbet. Coffee, hot tea, or iced tea is included.

Following lunch, we're off to the Walters Art Museum for an Accoustiguide tour of "Eternal Egypt."

We should return to Friendship Heights by 5 p.m. The cost of the trip, which includes transportation, lunch, admission to the Walters Art Museum and the Eternal Egypt exhibit, audio tour, and all gratuities is \$57. Sign-ups for residents and one guest begin immediately at the Village Center. Nonresidents may sign up beginning Oct. 15. There are 34 spaces available.

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## MVA Mobile unit announces new hours, services

Effective Oct. 14, 2003, the Motor Vehicle Administration's Mobile unit, "MVA on Wheels" offers new hours and services. The hours of operation in Friendship Heights will be 10 a.m. to 2 p.m. on select Mondays, usually once each month through the year.

The mobile Maryland Motor Vehicle Administration office brings many services to our door that used to require a trip to Gaithersburg or Glenmont. Customers can renew a non-commercial driver's license; renew a Maryland photo identification card; obtain a duplicate driver's license; obtain a certified copy of a driving record; obtain disability placards; renew vehicle registration; obtain substitute stickers; obtain duplicate registrations; return tags; change

name or address; register to vote; and register as an organ donor.

More detailed information can be obtained by calling the MVA directly at 1 800 950-1MVA (1 800 492-4575 TDD for the hearing impaired). Parking is limited. Use our shuttle bus if walking to the Center is difficult for you. Customers from outside of the Village should use Metro whenever possible.

**The MVA Bus will be at the Center on Monday, November 24, and Monday, December 22.**



*Friendship Heights*

## VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

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**November 2003 events calendar**